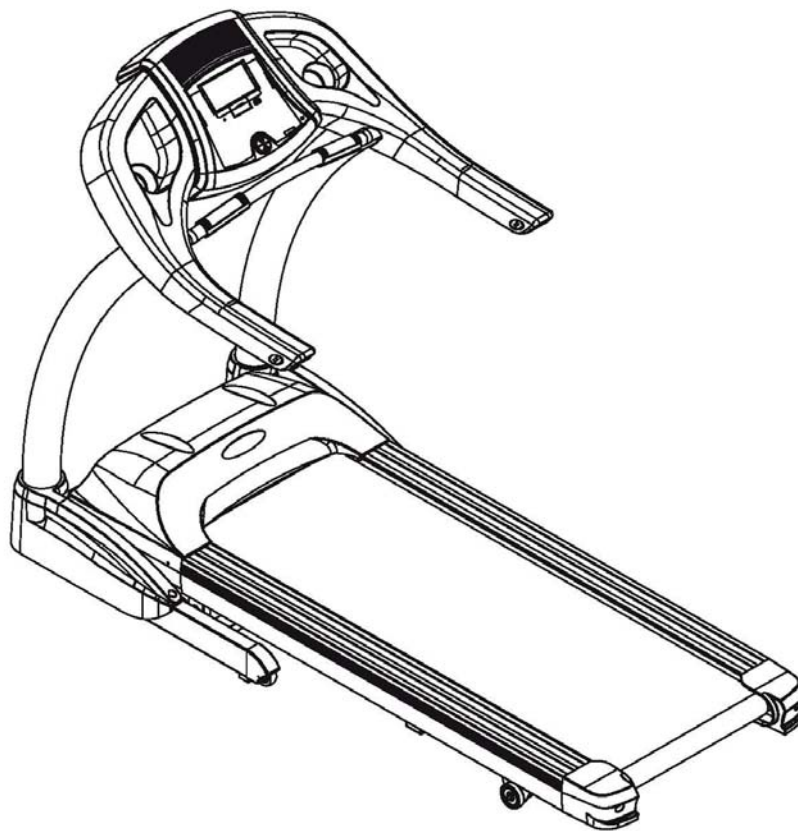# 7.35 R MOTORIZED TREADMILL

USER WEIGHT LIMITATION: **350lbs (160kgs).**

SERIAL NUMBER (found on frame):

PRECAUTIONS

For future service or related questions:
Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Precautions:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important
precautions and information before operating the treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

- Use the treadmill only as described in this manual.

- Place on a level surface, with 6 feet (2 m) of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

- When choosing a location for the treadmill be sure that the location and position permit access to a plug.

- Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

- Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

- Keep children under the age of 12 and pets away from the treadmill at all times.

- The treadmill should not be used by persons weighing more than **350LBS (160 Kgs)**.

- Never allow more than one person on the treadmill at a time. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.

- When connecting the power cord, plug the power cord into a grounded circuit. No other appliance should be on the same circuit.

- Always straddle the belt and allow it to start moving before stepping onto the belt.

- Always examine your treadmill before using to ensure all parts are in working order.

- Allow the belt to fully stop before dismounting.

- Never insert any object or body parts into any opening.

- Follow the safety information in regards to plugging in your treadmill.

- Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

- Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

- Never leave the treadmill unattended while it is running.

- Use "safety key" when operating the treadmill and make sure the "safety key" is clipped to the users clothing.

- Remove the "safety key" and store it in a safe place when the treadmill is not in use. Keep the "safety key" away from children.

PRECAUTIONS

Pour réparations futures ou questions connexes :
Please staple your receipt and/or write in the name and phone number of the retail store where you purchased your treadmill.

Name: _____ Phone Number: _____ Receipt: _____

Précautions :
AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendie, de choc électrique ou de blessures aux personnes, lire les précautions importantes et l'information suivantes avant de se servir du tapis roulant. Il revient au propriétaire de s'assurer que tous les utilisateurs de ce tapis ont bien été informés de tous les avertissements et précautions.
- o Utiliser le tapis seulement comme il est décrit dans ce manuel.
- o Le placer sur une surface plane, en laissant 2 m (6 pi) d'espace libre en arrière. Ne pas placer le tapis roulant sur une surface qui bloque les ouvertures d'air.
- o Pour protéger le plancher ou un tapis de dommages, placer un petit tapis sous le tapis roulant.
- o Choisir pour le tapis roulant un emplacement et une position qui permettent d'avoir accès à une prise murale.
- o Garder le tapis roulant à l'intérieur, à un endroit sans humidité ni poussière. Ne pas mettre le tapis roulant dans un garage, sur une terrasse couverte ou près de l'eau.
- o Ne pas faire fonctionner le tapis roulant pendant la vaporisation de produits aérosol ou l'administration d'oxygène.
- o Ne pas laisser les enfants de moins de 12 ans et les animaux s'approcher du tapis roulant.
- o Le tapis roulant ne doit pas être utilisé par des personnes pesant plus de **160 kg (350 lb)**.
- o Il ne doit jamais y avoir plus d'une personne sur le tapis à la fois. Porter des vêtements d'exercice appropriés pour utiliser le tapis roulant. Ne pas porter de vêtements lâches qui pourraient être pris dans le tapis roulant. Les vêtements de soutien athlétiques sont recommandés tant pour les hommes que pour les femmes. Porter toujours des chaussures d'athlétisme. Ne pas être pieds nus, ou porter seulement des chaussettes ou des sandales lors de l'utilisation du tapis roulant.
- o Brancher le cordon d'alimentation dans un circuit avec mise à la terre. Aucun autre appareil ne doit être sur le même circuit.
- o Toujours enjamber le tapis et le laisser commencer à rouler avant de monter dessus.
- o Toujours examiner votre tapis roulant avant de l'utiliser pour s'assurer que toutes les pièces fonctionnent correctement.
- o Laisser le tapis s'arrêter complètement avant de descendre.
- o Ne jamais insérer d'objets ou de parties du corps dans une ouverture.
- o Suivre les directives de sécurité en ce qui concerne le branchement de votre tapis roulant.
- o Garder le cordon d'alimentation éloigné des roues inclinées et ne pas faire passer le cordon d'alimentation sous votre tapis roulant. Ne pas faire fonctionner le tapis roulant si le cordon d'alimentation est endommagé ou effiloché.
- o Débrancher toujours le tapis roulant avant de le nettoyer ou de le réparer.
- o Toute réparation au tapis doit être effectuée par un réparateur agréé, à moins d'autorisation ou de directives contraires du fabricant. Le non-respect de ces instructions annulera la garantie du tapis roulant.
- o Ne jamais laisser le tapis roulant sans surveillance lorsque la clé de sécurité est insérée.
- o Utiliser la « clé de sécurité » pour faire fonctionner le tapis roulant et s'assurer qu'elle est accrochée aux vêtements des utilisateurs.
- • Retirer la « clé de sécurité » et la ranger dans un endroit sûr lorsque le tapis roulant n'est pas en fonction. Garder la « clé de sécurité » hors de la portée des enfants

POWER REQUIREMENTS

Power Requirements:

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN THE RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET; HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.
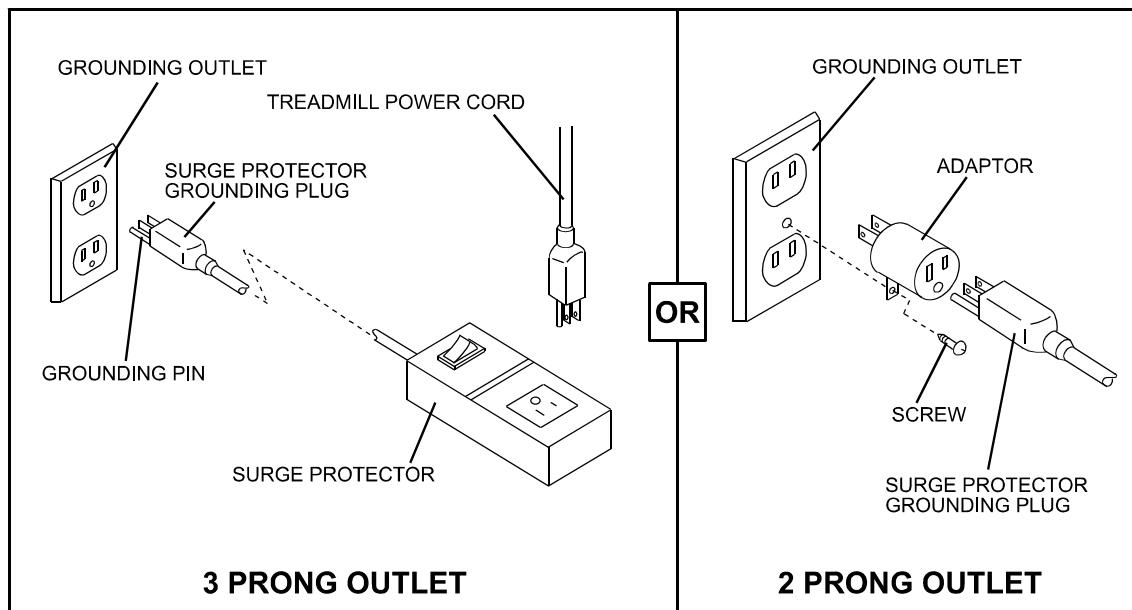
This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating 110VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill is equipped with an electrical cord that has an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 110-volt circuit, and has a grounding plug that looks like the plug illustrated in the drawing below.
GFCI outlets and GFCI Circuit Breakers are NOT recommended for use on this product. GFCI outlets and GFCI Circuit Breakers may cause this equipment to function improperly.

GROUNDING OUTLET

TREADMILL POWER CORD

SURGE PROTECTOR
GROUNDING PLUG

GROUNDING PIN

SURGE PROTECTOR

3 PRONG OUTLET

OR

GROUNDING OUTLET

ADAPTOR

SCREW

SURGE PROTECTOR
GROUNDING PLUG

2 PRONG OUTLET

POWER REQUIREMENTS

Alimentation :
UN MAUVAIS BRANCHEMENT DU CONNECTEUR DE MISE À LA TERRE DE L'ÉQUIPEMENT POURRAIT PROVOQUER UN CHOC ÉLECTRIQUE. EN CAS DE DOUTE, CONSULTER UN ÉLECTRICIEN OU UN RÉPARATEUR QUALIFIÉ POUR SAVOIR SI LE PRODUIT EST CORRECTEMENT MIS À LA TERRE. NE PAS MODIFIER LA FICHE FOURNIE AVEC LE PRODUIT. SI ELLE N'ENTRE PAS DANS LA PRISE, FAIRE INSTALLER UNE PRISE APPROPRIÉE PAR UN ÉLECTRICIEN PROFESSIONNEL.
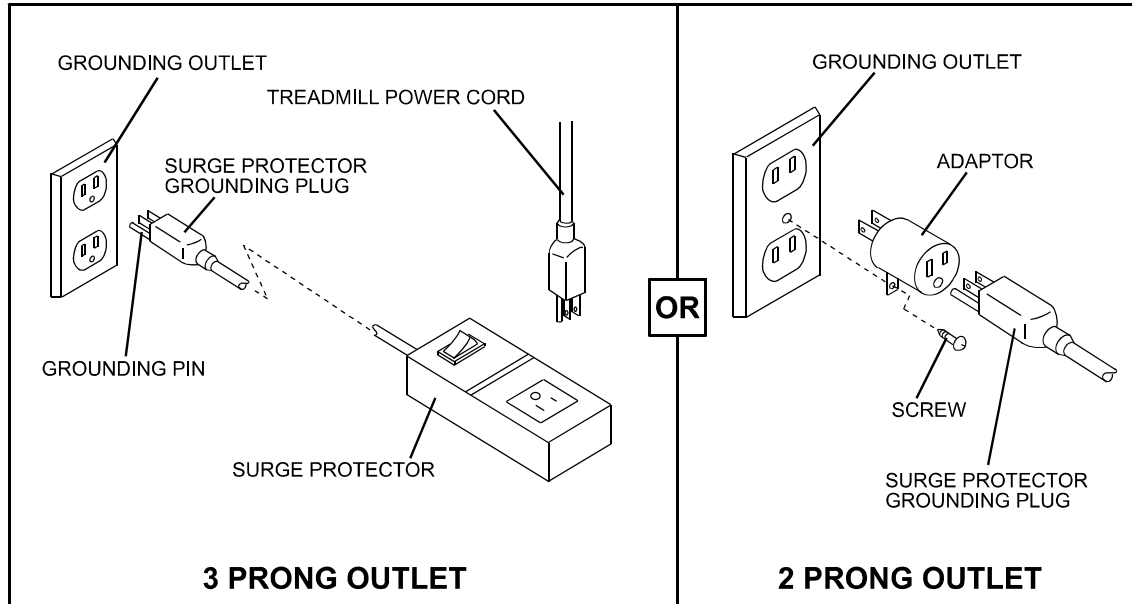
Ce tapis roulant pourrait être gravement endommagé en cas de changement soudain de tension dans votre alimentation électrique. Les conditions météorologiques ou la mise sous tension ou hors tension d'autres appareils électriques peuvent provoquer des pointes de tension, des surtensions ou un brouillage. Pour réduire la possibilité que le tapis soit endommagé, toujours utiliser un limiteur de surtension (non inclus) avec votre tapis roulant.

Il est possible d'acheter des limiteurs de surtension dans la plupart des quincailleries. Le fabricant recommande un limiteur de surtension UL 1449 à prise unique comme suppresseur de tension transitoire (TVSS) ayant un taux de suppression de tension de 400 V ou moins et une tension électrique de 110 V C.A., 15 A.
Ce tapis roulant doit être mis à la terre pour réduire le risque de choc électrique. La mise à la terre fournit une voie de moindre résistance au courant électrique en cas de mauvais fonctionnement du tapis roulant. Ce tapis roulant est équipé d'un cordon électrique avec un conducteur de mise à la terre et une fiche de mise à la terre. Brancher toujours le cordon électrique dans un limiteur de surtension et brancher le limiteur de surtension dans une prise appropriée, correctement installée et mise à la terre conformément à tous les codes locaux et ordonnances.
Ce produit doit être utilisé avec un circuit nominal de 110 volts et à une fiche de mise à la terre qui ressemble à celle illustrée ci-dessous.

Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre ne sont PAS recommandés pour ce produit. Les prises avec disjoncteur de fuite de terre et les disjoncteurs de fuite de terre pourraient provoquer un mauvais fonctionnement de cet équipement.

GROUNDING OUTLET

TREADMILL POWER CORD

SURGE PROTECTOR
GROUNDING PLUG

GROUNDING PIN

SURGE PROTECTOR

3 PRONG OUTLET

OR

GROUNDING OUTLET

ADAPTOR

SCREW

SURGE PROTECTOR
GROUNDING PLUG

2 PRONG OUTLET

BEFORE YOU BEGIN

Open the boxes:

Open the boxes of your new equipment. **Inventory all parts included in the boxes, and Supplied Hardware lists on pages 8 for a full count of the parts included.** If you are missing any parts or have any questions contact us directly at 888-800-1167

Gather your tools:

Before you begin, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free. Please note that your assembly kit includes all of the tools necessary to assemble the unit. You may however choose to use your own Phillips head screwdriver and/or Allen wrench

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 350LBS (Approx. 160 Kgs). It is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

Care and maintenance:

The safety level can be maintained only if it is examined for damage and wear.

Replace any defective components immediately and stop all use of the equipment until repaired.
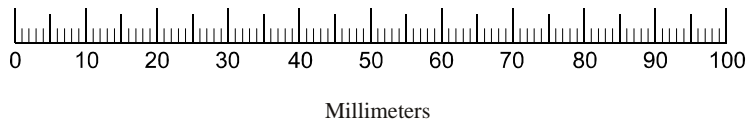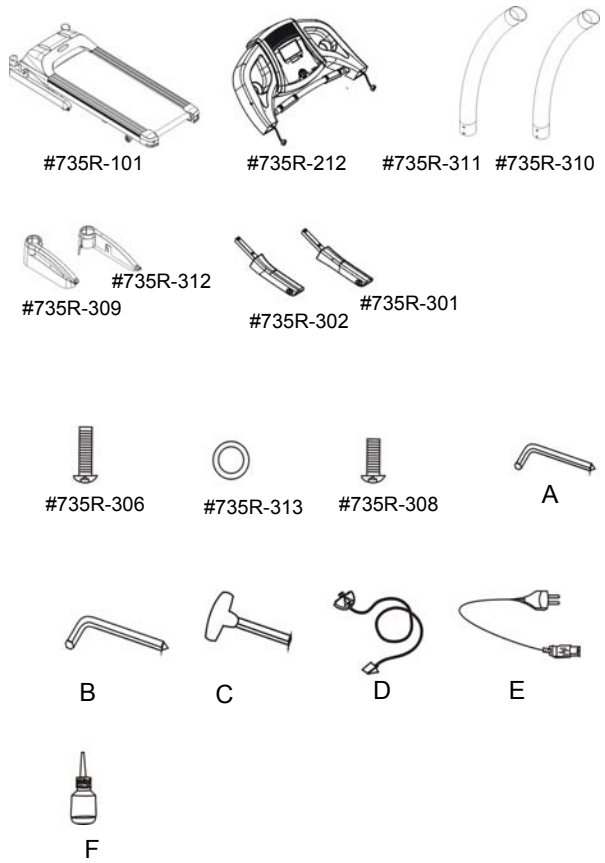
Always take care when mounting the equipment. Straddle the equipment by placing your feet on the straddle rails. Dismount from the equipment only after all parts have stopped.

Always check the wear and tear components like pulley, belts, etc.…To prevent injury.

There is an emergency stop, in the form of a SAFETY KEY, to prevent injury; This key should always be attached to your clothing when using the treadmill.

SUPPLIED HARDWARE

No.	Description	Qty.
735R-101	Treadmill Base	1
735R-212	Console Assembly	1
735R-311	Upright Left	1
735R-310	Upright Right	1
735R-309	Left Base Cover	1
735R-312	Right Base cover	1
735R-302	Left Handle Bar	1
735R-301	Right Handle Bar	1
Hardware Kit		
735R-306	M8 x 15mm Allen Head Bolt	20
735R-313	M8 Flat Washer	20
735R-308	M4 x 10mm Pan Head Screw	4
A	5mm x 76 Allen Wrench	1
B	5mm x 114 Allen Wrench	1
C	6mm Allen Wrench	1
D	Safety Key	1
E	Power Cord	1
F	Silicone Lubricant	1

#735R-101   #735R-212   #735R-311 #735R-310

#735R-312

#735R-309

#735R-302   #735R-301

#735R-306   #735R-313   #735R-308   A

B   C   D   E

F

0 10 20 30 40 50 60 70 80 90 100

Millimeters

PARTS LIST

ITEM	Part Number	DESCRIPTION	Q'TY
735R-101	F500314-001	Base frame	1
735R-102	F300013-000	Pad	2
735R-103	F300450-000	Front mobile wheel cover	2
735R-104	F300451-000	Front mobile wheel	2
735R-105	H020803-004	BoltM4x10 mm	4
735R-106	H020208-000	BoltM4x12 mm	2
735R-107	H048014-000	Air shock	1
735R-108	H020603-002	Bolt M8x30 mm	2
735R-109	H022302-000	Nut M8 mm	3
735R-110	F500317-000	Upper locking tube	1
735R-111	F519053-000	Lower locking tube	1
735R-112	H020607-000	Bolt M8x55 mm	1
735R-113	H020606-000	Bolt M8x50 mm	1
735R-114	F500331-000	Lift arm	1
735R-115	H022144-001	Hex. Screw 39mm	2
735R-116	F060012-000	Washer, stud	4
735R-117	H020800-001	Bolt M8x15 mm	4
735R-118	H022101-001	Hex. Screw 53mm	2
735R-119	F991018-000	Incline motor	1
735R-120	H020300-002	Bolt M10x45 mm	1
735R-121	H020300-004	Bolt M10x55 mm	1
735R-122	H022303-000	Nut M10	2
735R-123	F373250-000	Motor control	1
735R-124	H020803-000	Bolt M4x10 mm	4
735R-125	F900464-000	Front roller	1
735R-126	F298004-000	Rear roller	1
735R-127	H020608-001	Bolt M8x70 mm	3
735R-128	H020603-005	Bolt M8x30 mm	1
735R-129	F500316-001	Running deck frame	1
735R-130	F330002-000	Rubber cushion	8
735R-131	H020700-000	Bolt M6x15 mm	10
735R-132	F580014-000	Running deck	1
735R-133	F570035-000	Running belt	1
735R-134	F993014-000	Motor	1
735R-135	H041002-000	Drive belt	1
735R-136	F300467-000	Lower motor cover	4
735R-137	H020202-001	Bolt M4x10 mm	2
735R-138	F330001-000	Rear wheel, running deck frame	2
735R-139	H020606-000	Bolt M8x50 mm	2
735R-140	F300449-000	Side Rail	2
735R-141	F300388-101	Right end cap	1
735R-142	F300387-101	Left end cap	1
735R-143	H020207-002	Bolt M4x15 mm	4
735R-144	F080006-002	Lower console wire	1
735R-145	F083008-001	Power cord	1
735R-146	F376000-000	Electric socket	1
735R-147	H020200-001	Bolt M3x8 mm	2
735R-148	F091001-000	ON-OFF switch	1
735R-149	F090004-000	Fuse	1
735R-150	F270650-000	Mudguard, motor control	1
735R-151	F270465-000	Mudguard, drive belt	1
735R-152	F300489-000	Back cover	1
735R-153	H020803-000	Bolt M4x10 mm	15

PARTS LIST

Console set			
735R-201	F300390-005	Console cover	1
735R-202	F300391-101	Fan cover	1
735R-203	F410003-000	Speaker	2
735R-204	H020201-002	Bolt M3x6mm	12
735R-205	F373065-000	Fan	1
735R-206	F340009-000	Operational button	1
735R-207	H020172-001	Bolt M3x8mm	4
735R-208	F373249-000	Panel control	1
735R-209	F300409-000	Lower console cover	1
735R-210	F373252-000	Jack	1
735R-211	F300281-000	Hand pulse (lower)	2
735R-212	F300389-101	Upper console cover	1
735R-213	F270271-000	Hand pulse plate	4
735R-214	H020109-014	Bolt M3x20mm	4
735R-215	F300341-000	Hand pulse (upper)	2
735R-216	F519034-000	Console frame	1
735R-217	H020173-000	Bolt M4x12mm	16
735R-218	F300430-000	Safety key	1
735R-219	F900283-000	OTC control board	1
735R-220	F080045-000	Upper OTC wire	2
735R-221	F080024-000	Hand pulse wire	1
735R-222	F080006-004	Upper console wire	1
735R-223	F373259-000	USB charger	1
735R-224	H020109-001	Bolt M3x16mm	4
735R-225	H020220-000	Bolt M2x5mm	4
735R-226	H020203-001	Bolt M4x15mm	8

PARTS LIST

	Console mast		
735R-301	F900340-000	Right handle bar	1
735R-302	F900339-000	Left handle bar	1
735R-303	F300313-000	OTC end cap-Right	2
735R-304	F300312-000	OTC end cap-Left	2
735R-305	H020207-012	Bolt M4x65mm	2
735R-306	H020203-001	Bolt M8x15mm	20
735R-307	F300385-101	Upper motor cover	1
735R-308	H020803-001	Bolt M4x10mm	4
735R-309	F300395-101	Left Right protective cover	1
735R-310	F517012-003	Right console support tube	1
735R-311	F517006-003	Left console support tube	1
735R-312	F300396-101	Right protective cover	1
735R-313	H021100-000	Washer M8	20
735R-314	F080016-001	Lower OTC wire	2
735R-315	F373219-002	Receiver	1

PARTS DIAGRAM
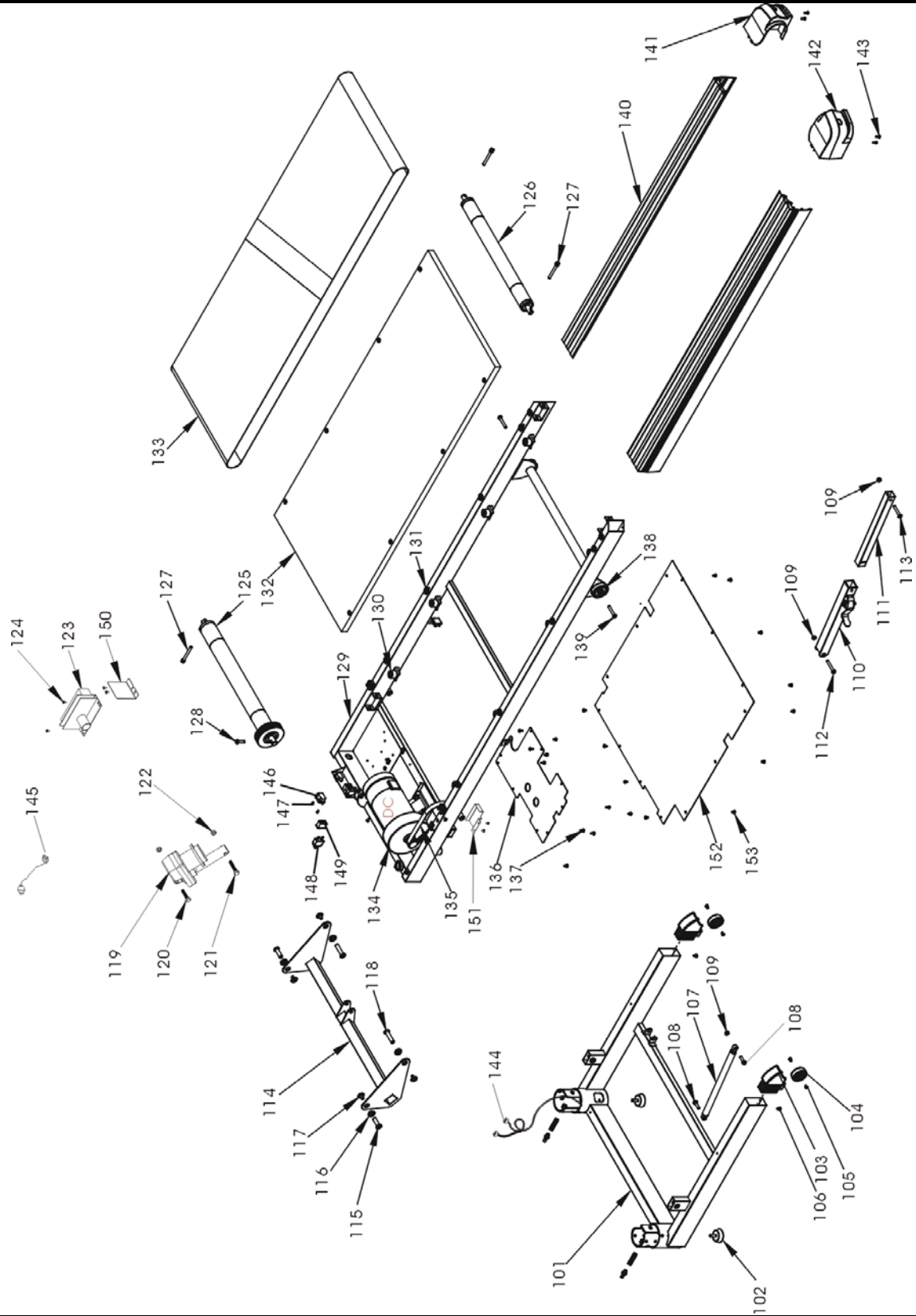
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
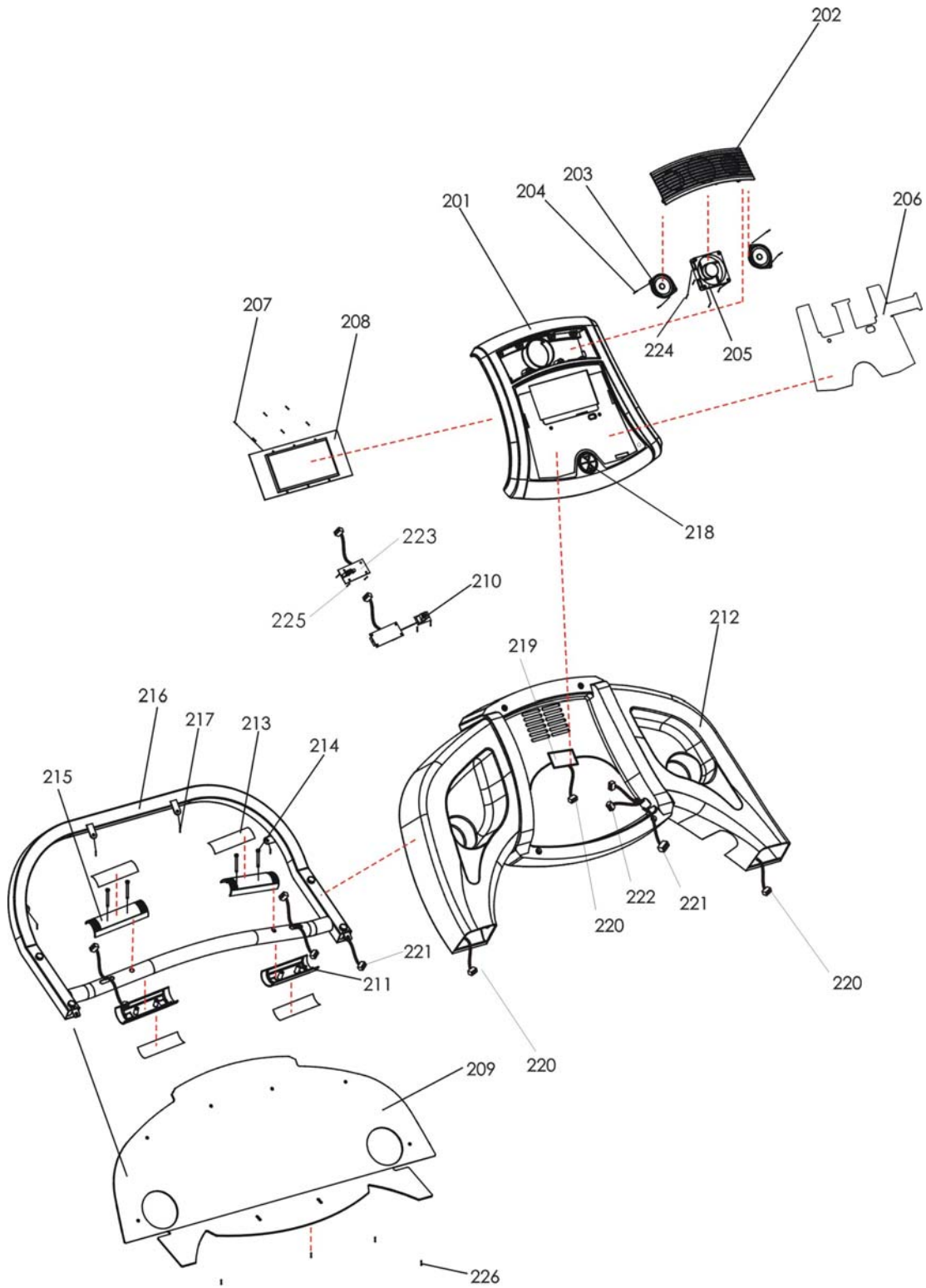
PARTS DIAGRAM

MOST OF THE PARTS SHOWN HERE HAVE BEEN PRE-ASSEMBLED.
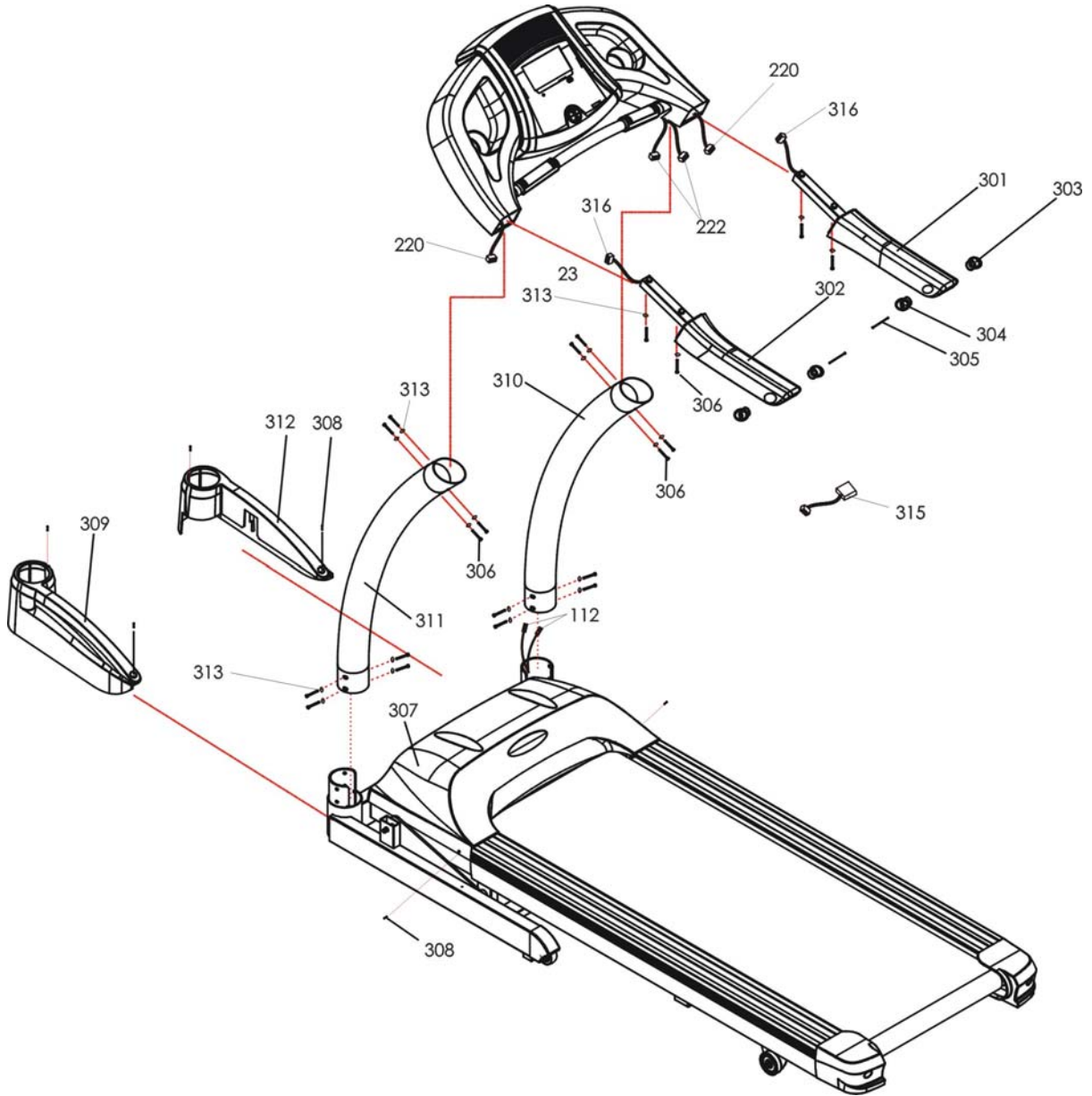
ASSEMBLY – PLEASE READ ALL STEPS BEFORE BEGINNING YOUR WORK.

STEP 1: **Assemble the Console Support Tube**
When attaching the **right** upright (310) first attach the 8 pin data cable to the wire in the upright. This will allow you to pull the data cable up through the upright after installation.
(1) Attach the Left (311) console support tube (wrapped in clear plastic) and Right (310) console support tube (wrapped in green shaded plastic) to the treadmill main frame with eight M8 x 15mm Allen Head Bolts (306) and eight M8 Flat Washers (313) **HAND TIGHTEN ONLY**.

(2) Slide the base frame covers over uprights Do not fasten until after you complete STEP 3.

306	**X8**	
313	**X8**	

Green plastic wrap

Clear plastic wrap

310

311

313

306

101

⚠
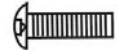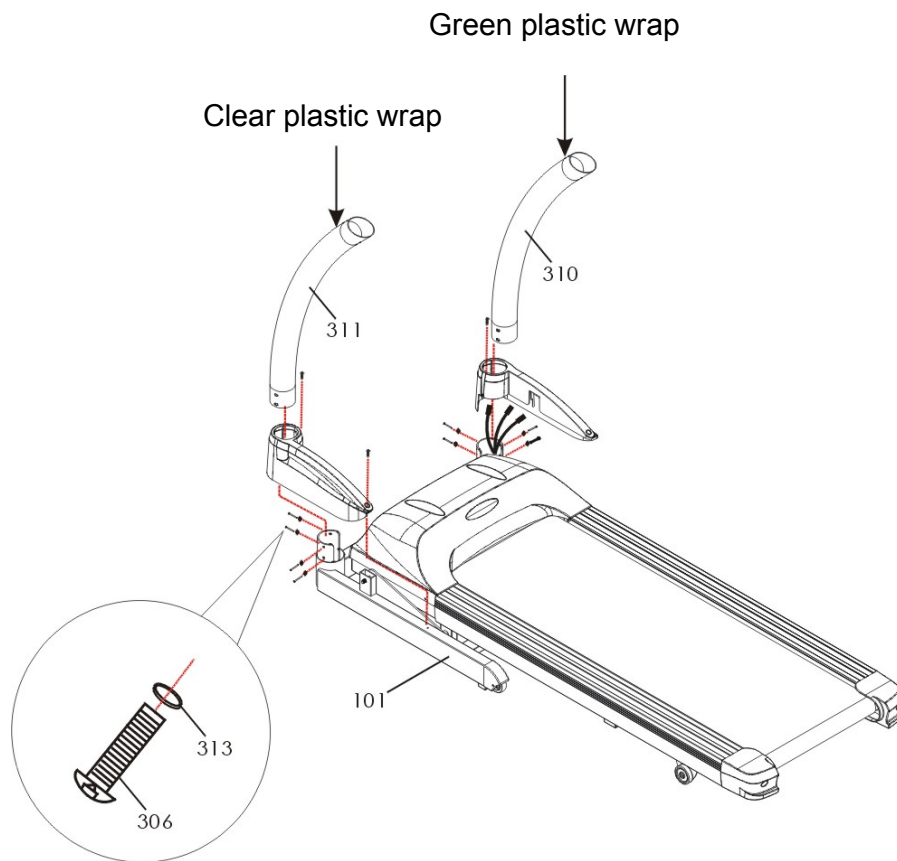
Bolts should be hand tight only

ASSEMBLY

STEP 2: **Attach Console to left and right console support tubes**

(1) Connect the two Wires (one 7 Pin and one 5 pin) - Upper (222) (from console) to the same wires – Lower (144) (from right console support tube)

(2) Place the console over the left and right console support tubes and secure with eight M8 x 15mm Allen Head Bolts (306) and eight M8 Flat Washers (313) (4 on each side). **HAND TIGHTEN ONLY**.

306　X8	🔩
313　X8	⭕

Caution Pinch point! Do not pinch wires between frame.

212
310
311
313
306
222
112
101

⚠️
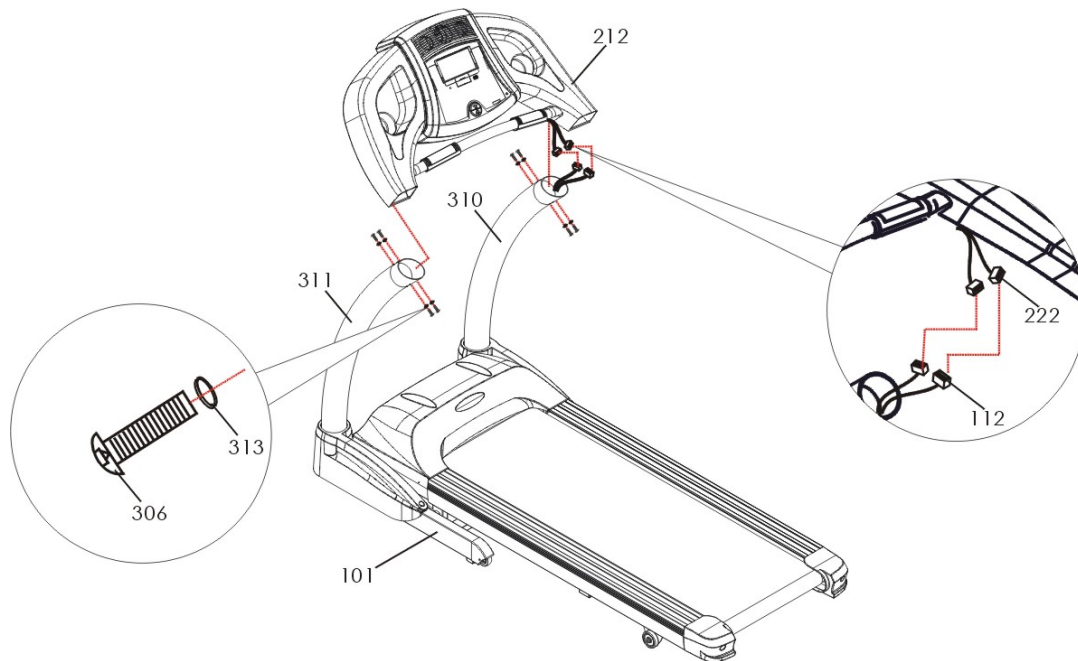
Bolts should be hand tight only

ASSEMBLY

STEP 3: **Attach Handle Bars**
Note: Left Handle Bar has 2 connector wires

1. Before attaching right handle bar; connect OTC wire (220) (black connector), then fasten handle bar on the console with 2x M8 x 15mm Allen Head Bolts (306) and 2 M8 flat washers (313).
2. Before attaching left handle bar; connect OTC (220) wire (black connector), then fasten handle bar on the console with 2 x M8 x 15mm Allen Head Bolts (306) and 2 M8 flat washers (313)..
3. Note: Secure Allen Head Bolts closest to rear of treadmill first ensuring a snug fit between handle bar and console prior to tightening.

4. **FOLD TREADMILL AND TIGHTEN ALL ALLEN HEAD BOLTS (306) FROM PREVIOUS STEPS**

306   X4

313   X4

!!!Caution Pinch point! Do not pinch wires between frame!!!

Green plastic wrap

Clear plastic wrap
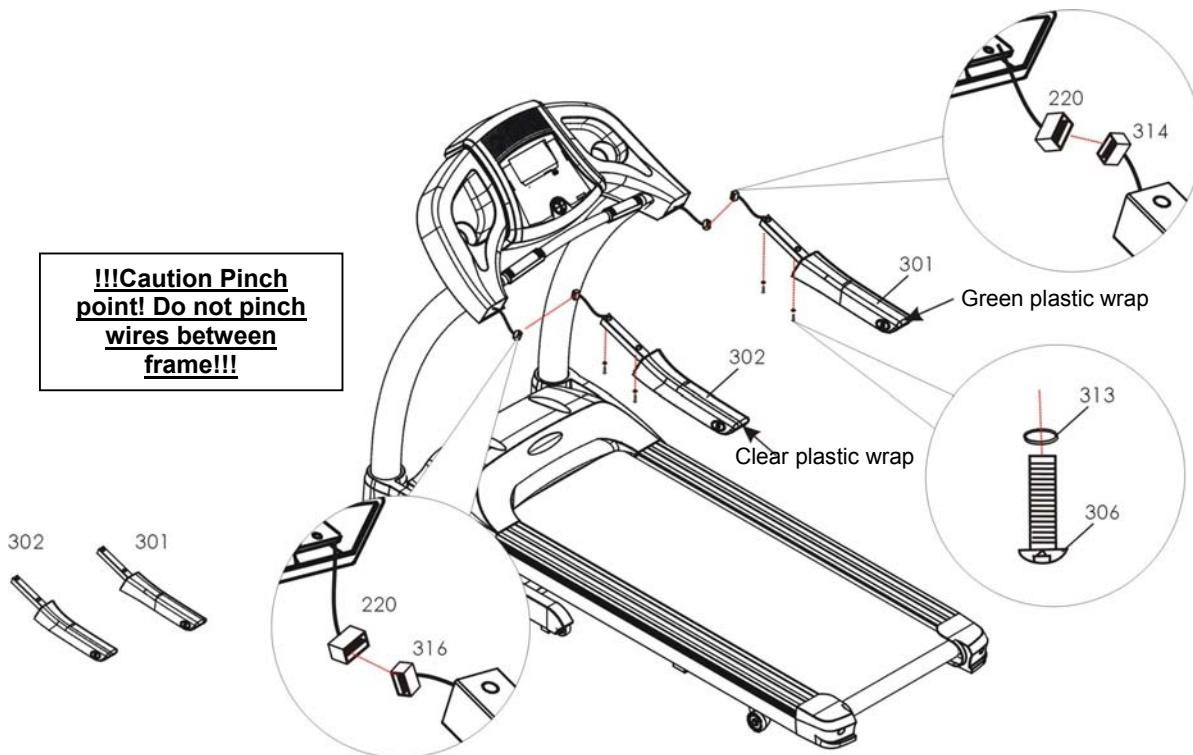
Tighten all bolts and fasteners now

ASSEMBLY

STEP 4: **Assemble the Base Frame Covers**

1. Fasten both the left and right base frame covers with 4 M4 x 10 MM pan head screws.

308   X4

308

309   312

⚠️
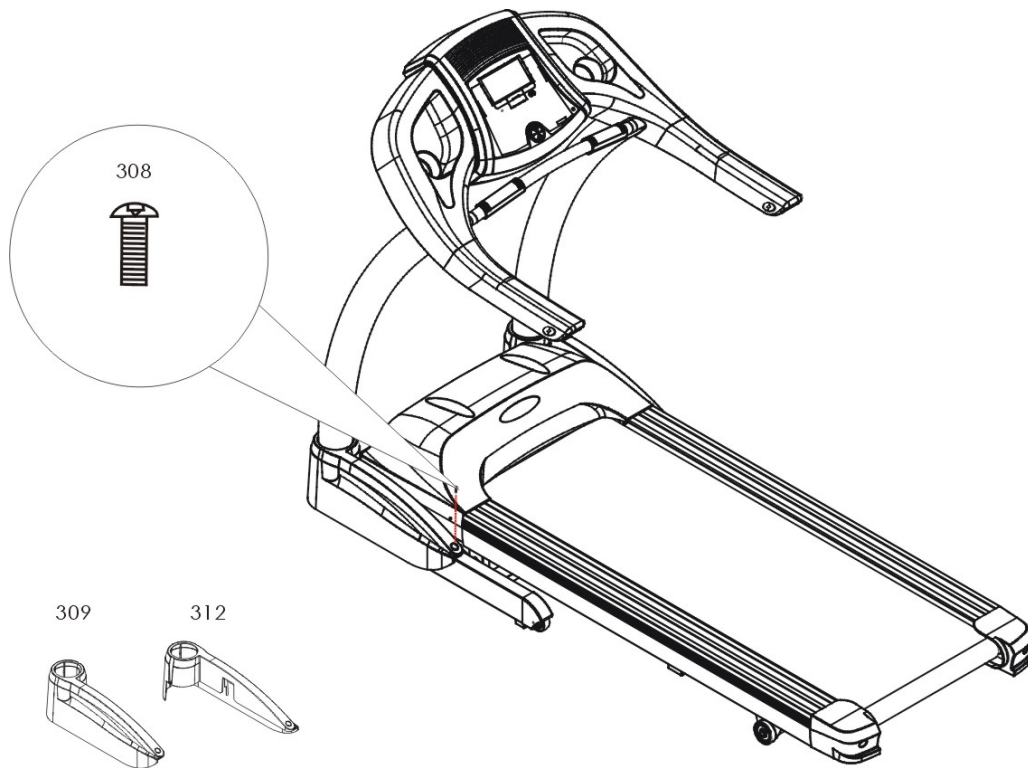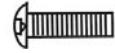
Tighten all bolts and fasteners now

ASSEMBLY

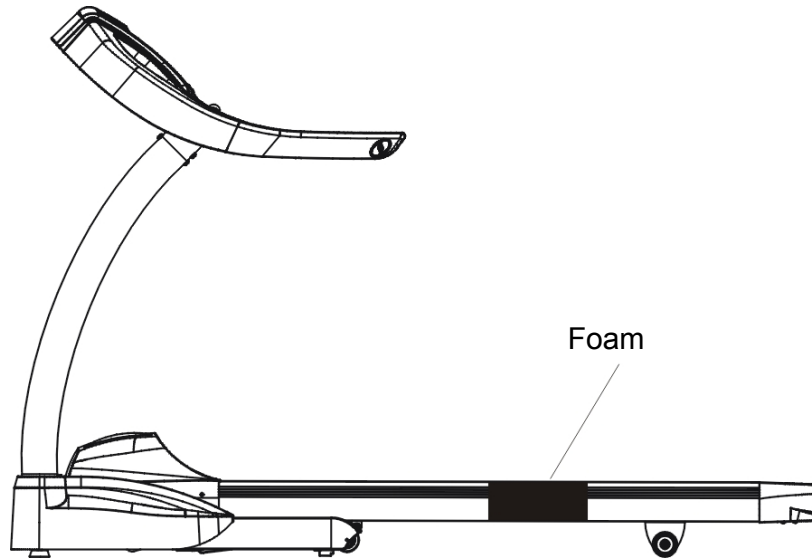| Step 5: Attach power cord (145) to front of base from in diagram below.	133 X1	

145
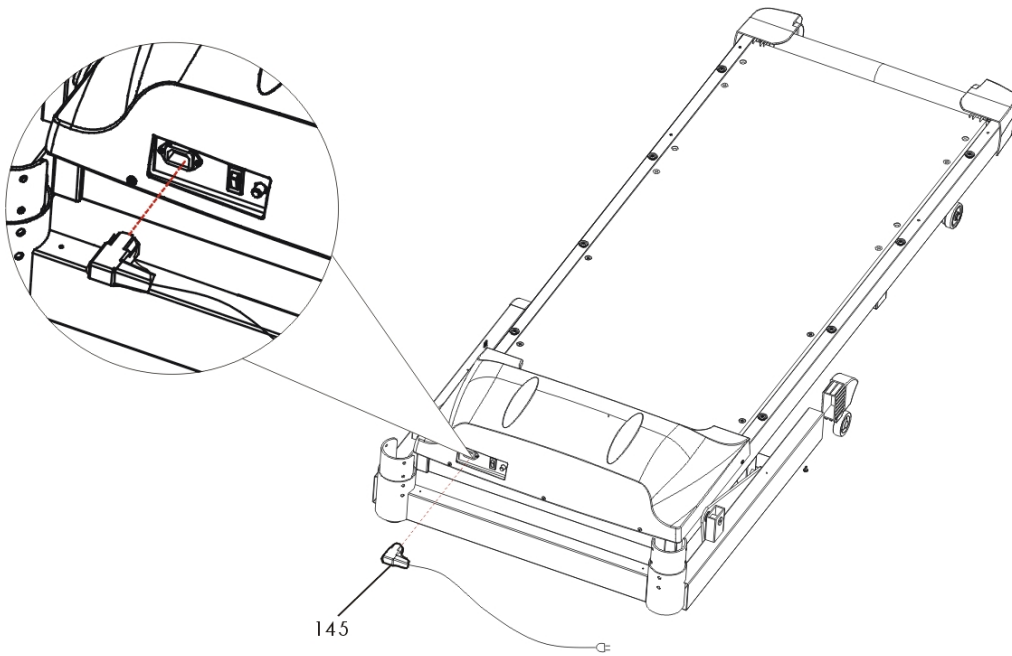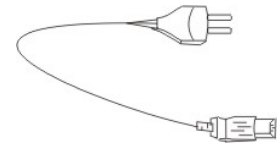
ASSEMBLY

Step 6: Insert Safety Key (218) into Bottom Center of Console prior to operation. Your treadmill will not Function with out the safety key..

218   X1
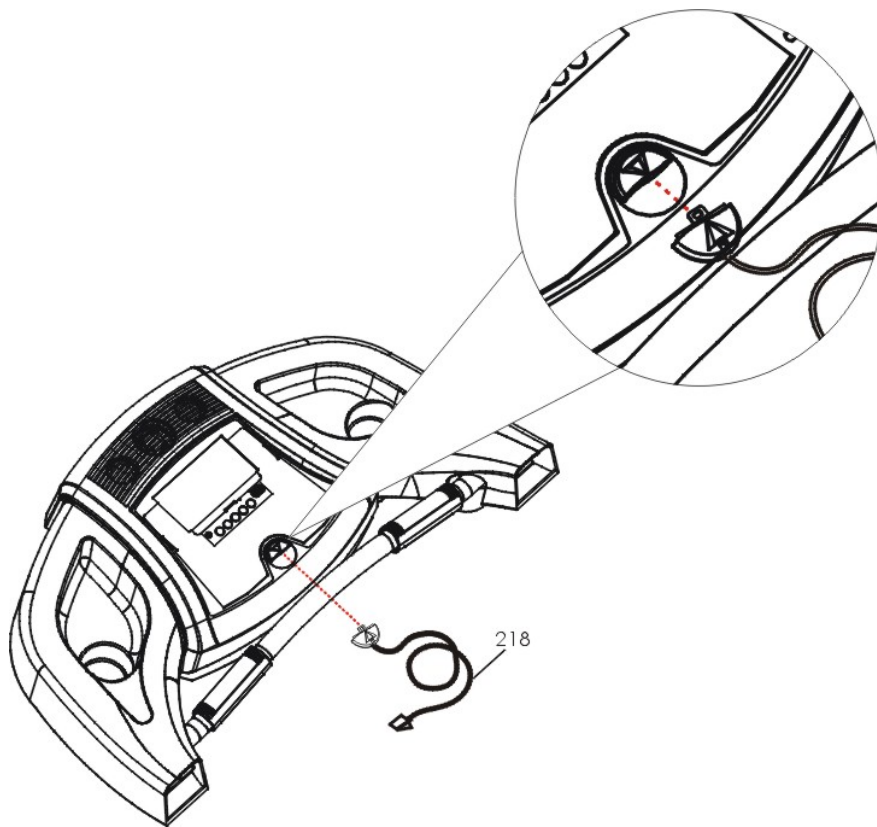
ASSEMBLY

Step 7: After assembly is complete, remove the foam spacer from the left and right side rails.

Foam

FOLDING INSTRUCTIONS

How to fold and unfold the treadmill:
Your treadmill can be folded up for space saving storage. To do this follow the instructions here:
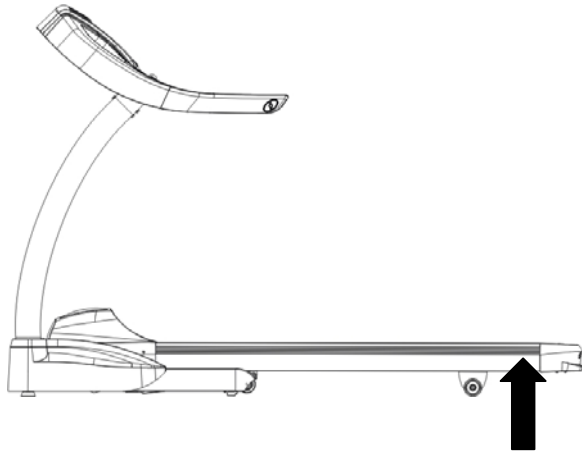
Fold Up
After the workout session, you can fold the treadmill to the upright position. Lift up the rear end of the treadmill until the upper folding latch clicks. Before releasing the treadmill frame verify the folding mechanism is locked.
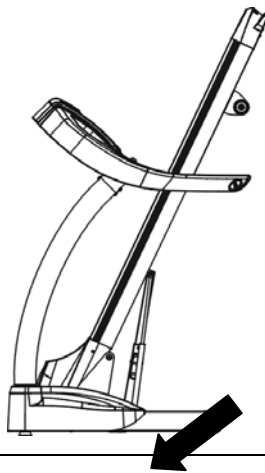
Release
You can release the treadmill from the upright position:
1. Push up the frame by hands.
2. Lightly kick the locking latch.
3. Lower the treadmill by hand and it will drop automatically without hand support.
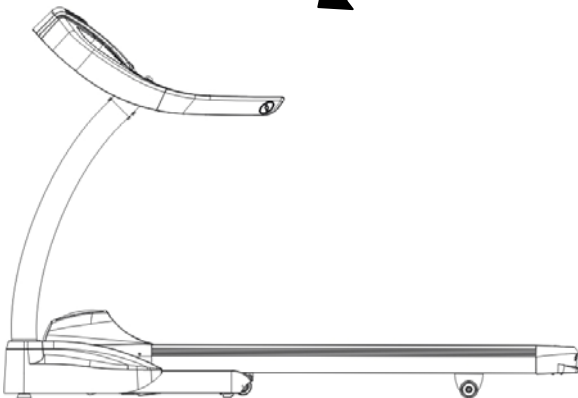
Horizontal Adjustment
For floor stability, you can adjust the 2 screws located under the front of base frame.

1. Lift the machine on one side and then turn the screw under the front of base frame.
2. Turn the screw clockwise to make the screw go up.
3. Turn the screw counterclockwise to make the screw go down.

MAINTENANCE

**HOW TO MAINTAIN YOUR TREADMILL:**

Proper maintenance is very important to ensure your treadmill is always in top working condition. Improper maintenance could cause damage or shorten the life of your treadmill.

- **Important**: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

- Inspect and tighten all parts of the treadmill regularly. Replace any worn parts immediately.

BELT ADJUSTMENT:

The running belt has been properly adjusted at the factory. However transportation, uneven flooring or other unpredicted reasons could cause the belt to shift off center resulting in the belt rubbing with the plastic side rail or end caps and possibly causing damage. To adjust the belt back to it's proper position please follow the directions below:

1. If your belt tends to walk to the right, rotate the right tension bolt clockwise. We recommend adjustments of 1/4 turn at a time, and follow with a test. If your belt continues to walk to the right, simply adjust the left belt tension bolt by turning it 1/4 turn counterclockwise, and follow with a test.

2. If your belt tends to walk to the left, rotate the left tension bolt clockwise 1/4 turn at a time, and follow with a test. If the belt continues to walk to the left, simply adjust the right tension bolt counterclockwise.

3. If your belt appears to be loose, simply tighten both bolts evenly 1/4 turn. If it appears tight, simply loosen both bolts evenly 1/4 turn.
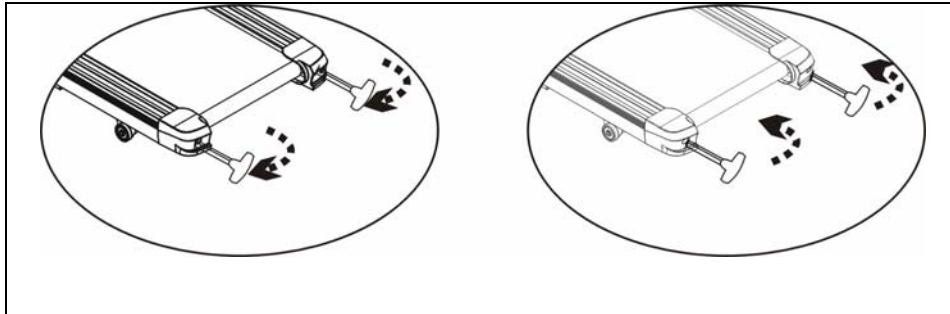
Right and left tension bolts are located at the rear of the treadmill.

DECK LUBRICATION:

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Your treadmill should not have to be lubricated usually within 3 months.

Smooth Fitness recommends lubricating the walking deck a minimum of twice a year for light use (2 days a week) and four times a year for heavier use(3 times a week multiple users)

Please visit www.smoothfitness.com for approved maintenance supplies

MAINTENANCE

To apply lubricant to the walking belt:

1. Position the walking belt so that the seam is located on top and in center of the walking board.
2. Insert the nozzle of the lubricant container under the belt
3. While lifting the side of the walking belt, position the nozzle between the walking belt and the board approximately 15 cm (6 inches) from the front of the treadmill. Apply the silicone lubricant to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Note: it is important to get the lubricant as far to the center of the walking board as possible.
4. Allow the silicone to "set" for 1 minute before using the treadmill.
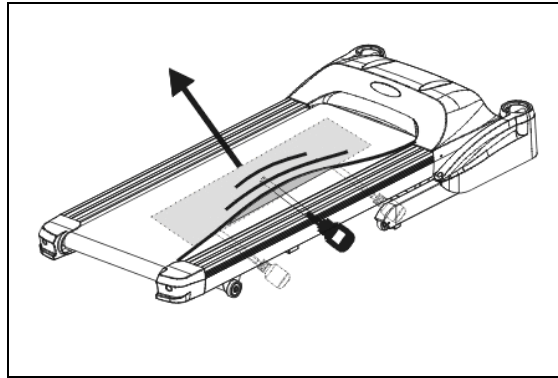
Apply lubricant from front to back.

CLEANING:

Routine cleaning of your treadmill will extend the product's life.

Warning: To prevent electrical shock, be sure the power to the treadmill is OFF and the power cord is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

Important: Never use abrasives or solvents to clean the treadmill. To prevent damage to the computer, keep liquids away and keep it out of direct sunlight.

After each workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration.

Weekly: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

Note: when lubricating the belt, make sure the treadmill is located on a surface that can be easily cleaned. After lubricating your treadmill running belt, clean any excess silicone off the belt and frame.

IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Avertissement :

Avant d'utiliser de produit, veuillez consulter votre médecin personnel pour un examen médical complet. Des exercices fréquents et difficiles doivent d'abord être approuvés par votre médecin. Si vous ressentez un malaise par suite de l'utilisation de produit, arrêtez les exercices et consultez votre médecin. Un usage approprié de ce produit est essentiel. Veuillez lire attentivement votre manuel avant de commencer les exercices.

Les enfants doivent rester éloignés de l'équipement pendant son utilisation et lorsqu'il est laissé sans surveillance. Portez toujours des vêtements appropriés pour les exercices, y compris des chaussures d'athlétisme. Ne portez pas de vêtements amples qui pourraient être pris dans l'appareil durant les exercices.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target heart rate zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target heart rate zone. But remember these essentials:

Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

Begin your training program slowly with realistic goals that have been set by you and your doctor.

Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.
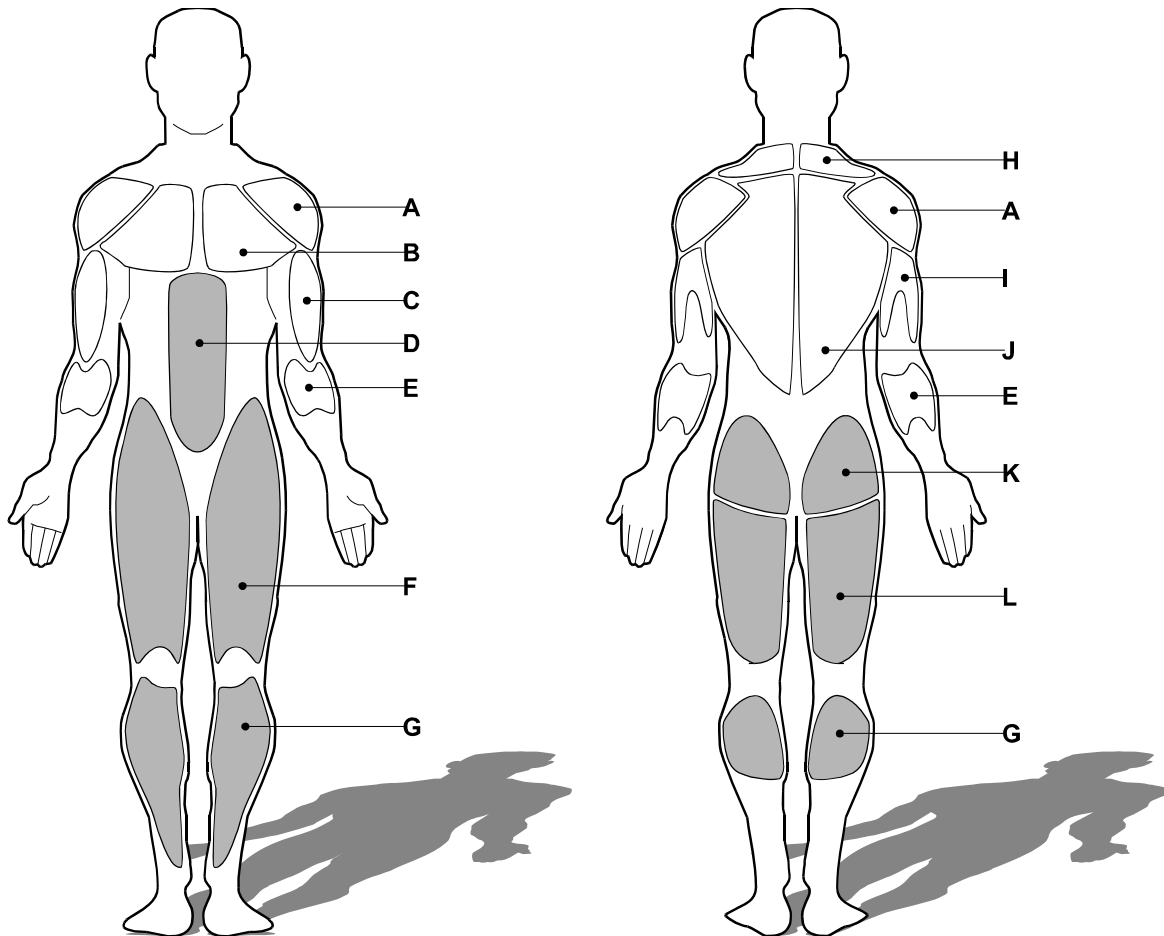
MUSCLE GROUPS

A	Shoulder muscles	Calf muscles	**G**
B	Pectoral muscles	Trapezium muscles	**H**
C	Bicep muscle	Tricep muscles	**I**
D	Abdominal muscles	Back muscles	**J**
E	Forearm muscles	Gluteal muscles	**K**
F	Quadricep muscles	Hamstring muscles	**L**

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

Toe Touch:
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.
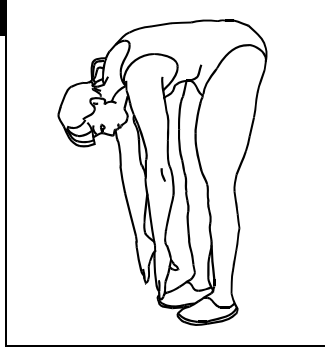
Shoulder Lift:
Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.
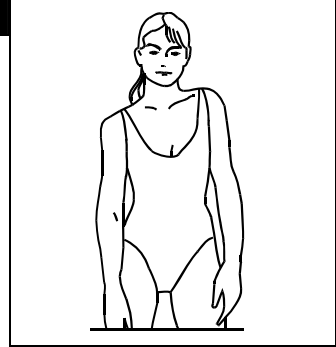
Inner Thigh Stretch:
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

Hamstring Stretch:
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.
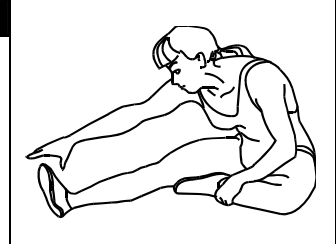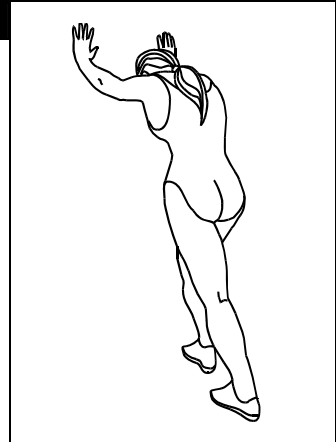
Side Stretch:
Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.
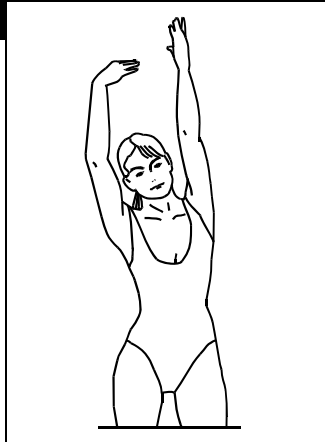
Calf-Achilles Stretch:
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.

Head Roll:
Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.
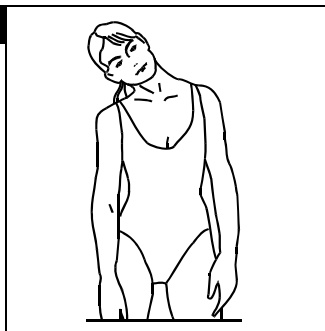
Read carefully the following before using your treadmill

♦ Always stretch your muscles before exercise program. Warm up slowly by walking at a slow speed. Increase workout intensity gradually until you reach your desired workout pace. Decrease workout intensity gradually to an easy walk, allowing your heart rate to decrease to a normal situation.

♦ When starting the treadmill, always stand with both feet on the step-on side rails.

♦ When finishing, allow the running belt to slow down and come to a complete stop before stepping off.

♦ Wear comfortable, non-restrictive clothing when using the treadmill. Never wear anything loose, such as baggy sweat pants, neckties, loose socks or jewelry. Never drape towels on or around the treadmill during use.

♦ Always use the handrail when stepping on or off the treadmill and when changing incline or speed.

♦ This treadmill is equipped with a safety key – always clip t he cord attached to the safety key to a part of your clothing so the safety key will properly detach from the computer console, thereby stopping the treadmill.

♦ Wear running or walking shoes with high-traction soles. To avoid injury and unnecessary wear on your treadmill, be sure your shoes are free of any debris such as gravel and small rocks.

WARNING
If you feel dizzy, nausea, chest pain or other abnormal symptoms, stop immediately. Consult a physician before continuing use.
AVERTISSEMENT: Si vous vous sentez étourdi, la nausée, la douleur de coffre ou d'autres symptômes anormaux, s'arrêtent immédiatement. Consultez un médecin avant de continuer l'utilisation.

Before completing an exercise session, always:
1. Allow time to slow your pace, cool down, and reduce your heart rate to a normal level before completing your workout.
2. Grasp the handlebars and press the Speed "?" button. Slow your pace to an easy walk.
3. Ensure the running belt has come to a complete stop before exiting the treadmill.

At the end of every exercise session, always:
1. Remove the Safety Key from the computer console.
2. Use the master power switch to turn the treadmill off. The master power switch is located at the right side of frame next to the electrical cord.
3. Always position and store the electrical cord where is clear from all pathways.
4. Unplug the electrical cord from the electrical outlet. This is especially important if you are not going to use your treadmill for extended periods.
5. Wipe all treadmill surfaces with a dry cloth or towel especially perspiration on the handlebars, con troll panel, running belt or other treadmill components.

WARNING
Turn off and unplug the treadmill before proceeding with any maintenance or visual inspections. Failure to do so may result in serious injury. Note: Failure to perform the required periodic and preventative maintenance can void your warranty.
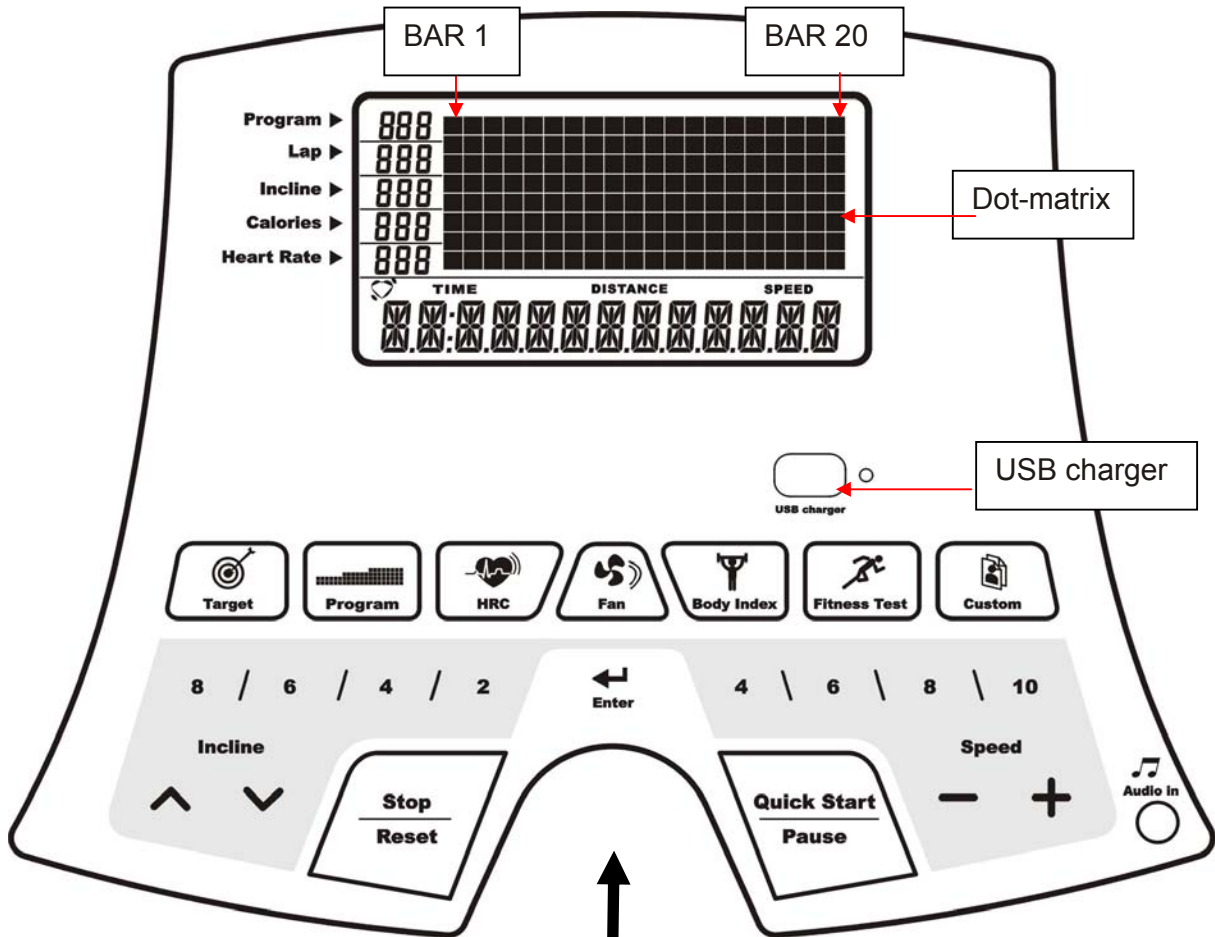**AVERTISSEMENT**
Arrêtez et débranchez le tapis roulant avant de procéder à tout l'entretien ou inspections visuelles. Le manque de faire ainsi peut avoir comme conséquence des dommages sérieux. Note : Le manque d'exécuter l'entretien périodique et préventif exigé peut vider votre garantie.

Computer Overview

Buttons and Windows

BAR 1

BAR 20

Program ▶
Lap ▶
Incline ▶
Calories ▶
Heart Rate ▶

TIME   DISTANCE   SPEED

Dot-matrix

USB charger

USB charger

Target   Program   HRC   Fan   Body Index   Fitness Test   Custom

8 / 6 / 4 / 2   ↵ Enter   4 \ 6 \ 8 \ 10

Incline   Speed

⌃ ⌄   Stop / Reset   Quick Start / Pause   — +   Audio in

Safety Key Pad
If the safety key is not
present the treadmill will
not function

Computer Overview

Buttons and Windows

Display	Function
Program	Displays program selection.
LAP	Displays laps completed, 1 lap=0.4km / 0.25mi.
Time	Displays time remaining or total time.
Calories	Displays calories burned
Heart Rate	Displays hand grip and wireless Heart Rate reading.
Distance	Displays total distance KM/Mi.
Incline	Displays current incline level 1-15.
Speed	Displays the running speed..
Dot-matrix	Displays program profile.

Buttons	Function
Incline ▲ / ▼	Adjusts the incline while in use. Adjusts program types and program values
Speed − / ＋	Adjusts the speed while in use. Adjusts program types and program values
Quick keys for incline	Adjusts incline to a predetermined value There are 4 incline quick keys.
Quick keys for speed	Adjusts speed to a predetermined value There are 4 speed quick keys。
Enter	Confirm value entered
Start / Pause	Quick start or program start. Press to pause when in use.
Stop / Reset	To stop the treadmill while exercising.（will reset to User Select mode automatic） To reset back to the User Profile mode press twice and the computer will reset.
Target	To select the target program.
Course	To select the course program.
HRC	To select the HRC program.
Body index	To select the Body index program.
Fitness test	To select the fitness test program.
Custom	To select the custom program.
Fan	To switch on / off the fan.

EXERCISE PROGRAMS

Quick START：
1. Press START, the speed will start from lowest speed and the incline starts from 0, all data will count up.
2. Use any speed or incline adjustment keys to change the speed or incline.

User Profile Mode：

Select from one of 5 user profiles. The user profile can be modified by following the following steps. Before starting to exercise, press the speed adjust keys－/＋to select user number then press and hold 【ENTER】for 5 seconds. The display will read set gender, choose the gender by pressing the speed adjust keys－/＋then press 【ENTER】. The display will read set age, choose the age by pressing the speed adjust keys－/＋then press 【ENTER】. The display will read set weight, choose the weight by pressing the speed adjust keys－/＋then press 【ENTER】. The display will read set height, choose the height by pressing the speed adjust keys－/＋then press 【ENTER】. You are now ready to select your program.

To skip the user profile mode, press enter (do not hold) and you will go directly to the program mode.

P1 TARGET:
1. Press the【TARGET】key to select and enter the program.
2. Set target time：press the speed－/＋to set the target time then press【ENTER】to confirm.
3. Set target distance：press the speed－/＋to set the target distance then press【ENTER】to confirm.
4. Set target calories：press the speed－/＋to set the target calories then press【START】to begin.
5. Beginning the workout：
   6.1. If either, Time, Distance and Calories are set the program will count down. Once the preset value reaches 0 the program will end.
   6.2. If no goal is set the program will not end unless manually stopped.

Cool down program：
When the Preset/Target programs reach 0 the treadmill will enter the cool down program. This program lasts 2 minutes and will gradually lower the speed. After 2 minutes the computer will reset to the power on screen. To skip the cool down program press【STOP】after completing the workout.

EXERCISE PROGRAMS

P2 COURSE：
1. Press the【COURSE】key to select the program. There are 8 preset course programs.
2. Press the speed＋/－ to change the program【RAMP 1】、【RAMP2】、【INTERVAL 1】、【INTERVAL 2】、【PEAK 1】、【PEAK 2】、【HILL 1】、【HILL 2】then press【ENTER】to select program.
3. Set time：press the speed－/＋to set time then press【ENTER】to confirm.
4. Set the max speed or incline depending upon the users athletic level. (exercise level setting）：
    5.1.For the speed programs：（RAMP 1、INTERVAL 1、PEAK 1、HILL 1）
        5.1.1.The speed window shows the max speed of the program.
        5.1.2.Press the speed－/＋to set max speed, the program profile will change related to maximum speed.
        5.1.3.Press【START】to begin the workout.
    5.2. For the incline programs：（RAMP 2、INTERVAL 2、PEAK 2、HILL 2）
        5.2.1 The incline window shows the max incline of the program.
        5.2.2.Press incline ▲ / ▼ to set max incline, program profile will change related to maximum incline.
        5.2.3. Press【START】to begin the workout.
5. Beginning the workout：
    6.1.   The speed or incline will change automatically according to the program settings, the speed or incline will change every 2 minutes per segment if the time is in count up mode, if time is entered during setup then the segment time=set time / 20. You can use any speed or incline key to change speed or incline during your workout.
    6.2. The program will end when the counter reaches 0. Then enter cool down.

Cool down program：

When the Preset/Target programs reach 0 the treadmill will enter the cool down program. This program lasts 2 minutes and will gradually lower the speed. After 2 minutes the computer will reset to the power on screen. To skip the cool down program press【STOP】after completing the workout.
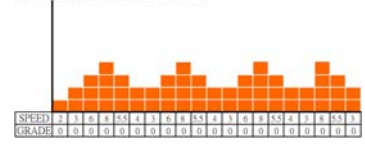
7.Preset program profiles：
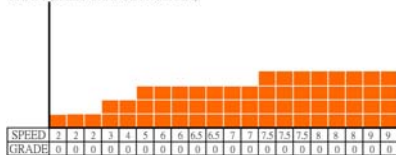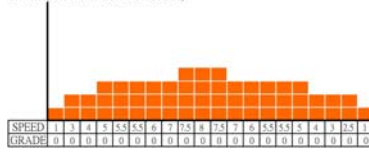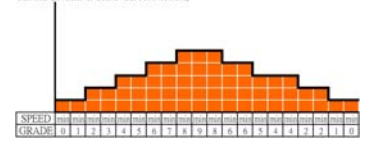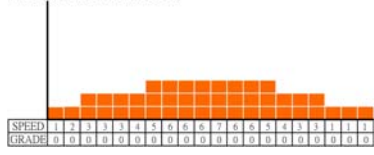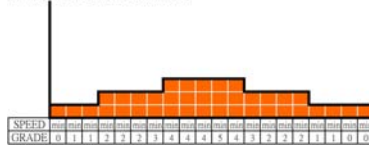
EXERCISE PROGRAMS

P3 HRC(Heart Rate Control)：
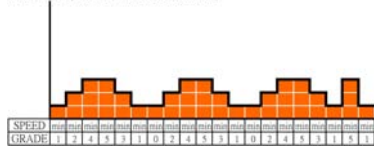1. Press the【HRC】key to select and enter the program.
2. There are 4 types of HRC programs. THR(Target Heart Rate), MHR 65％(65％ Max Heart Rate), MHR 75％(75％ Max Heart Rate), MHR 85％(85％ Max Heart Rate), press speed －/＋ to select the desired HRC program then press【ENTER】to confirm.
3. Set time：press the speed －/＋ to set the time then press【ENTER】to confirm.
4. Set target heart rate：THR mode preset value=130 (MHR mode preset value depends on the age set) press the speed －/＋ to set the target heart then press【ENTER】to confirm.
5. Set starting speed：Speed window shows lowest starting speed, press speed －/＋ to set starting speed then press【START】to begin workout.
6. Beginning the workout：
   8.1.The program will compare the real time and preset target heart rate every 30 seconds to adjust speed or incline until the actual heart rate is reaches with in + or – 5 beats of the preset target heart rate.
   8.2. You can use any speed or incline key or device to change the speed or incline during your workout.
   8.3. The program will end when the counter reaches 0, then enter cool down.

EXERCISE PROGRAMS

P4 Body Index：
1. Press the【Body Index】key to select and enter the program.
2. Begin calculating：
   6.1. Press start to begin.
   6.1. The window will show BFR / BMI / BMR one by one after the 15 second test.
3. Test result values：The below test results are estimated and are only meant to provide an estimated fitness keystone. Consult your health provider for accurate testing.
   7.1. BFR(Body Fat Ratio)：Average→15~25% for male, 20~30% for female.

   7.2. BMI(Body Mass Index)：17 ← Underweight, Normal→18-25, over weight→26-30, Obese→31 or greater
   7.3. BMR(Basal Metabolic Rate)：Calories burned when the body is left inactive.

P5 Fitness test
1. Press the【Fitness test】key to select and enter the program.
2. Set starting speed：Speed window shows lowest speed, press the speed－/╋ to set starting speed then press【START】to begin workout.
3. Begining the workout：
   6.1. This program is testing your fitness condition, how far you can run in 12minutes, you can use any speed key to change the speed during your workout, the incline function is not available.
   6.2. The program will end when the counter reaches 0.
   6.4. Test result：【VERY GOOD】,【GOOD】,【AVERAGE】,【BAD】,【VERY BAD】

EXERCISE PROGRAMS

P6 CUSTOM**:**
1. Press the【CUSTOM】key to select and enter the program.
2. There are 2 customs for the user to build their own program, press speed －/＋to select custom 1 or custom 2 then press【ENTER】to confirm.
3. Set each Segment：There 20 Segments you can set according to your desired levels of intensity, you can set the speed, incline and time in each segment.
   4.1. Set speed：Press the speed －/＋to set the speed of the segment.
   4.2. Set incline：Press the incline ▲ / ▼ to set the incline of the segment.
   4.3. Set time：After setting the speed and incline press【ENTER】to set time, press speed －/ ＋to set time then press【ENTER】to confirm and move to the next segment.
4. Press【START】to begin workout after all segments are set, the custom program will now be saved for future use.
5. Beginning the workout：
   6.1. The speed and incline change automatically according to the values previously set. The program will move from one segment to the next after the preset time for each segment expires. The program will skip any segments that are set to 0 time
   6.2. The program will end when the last segment time reaches 0.
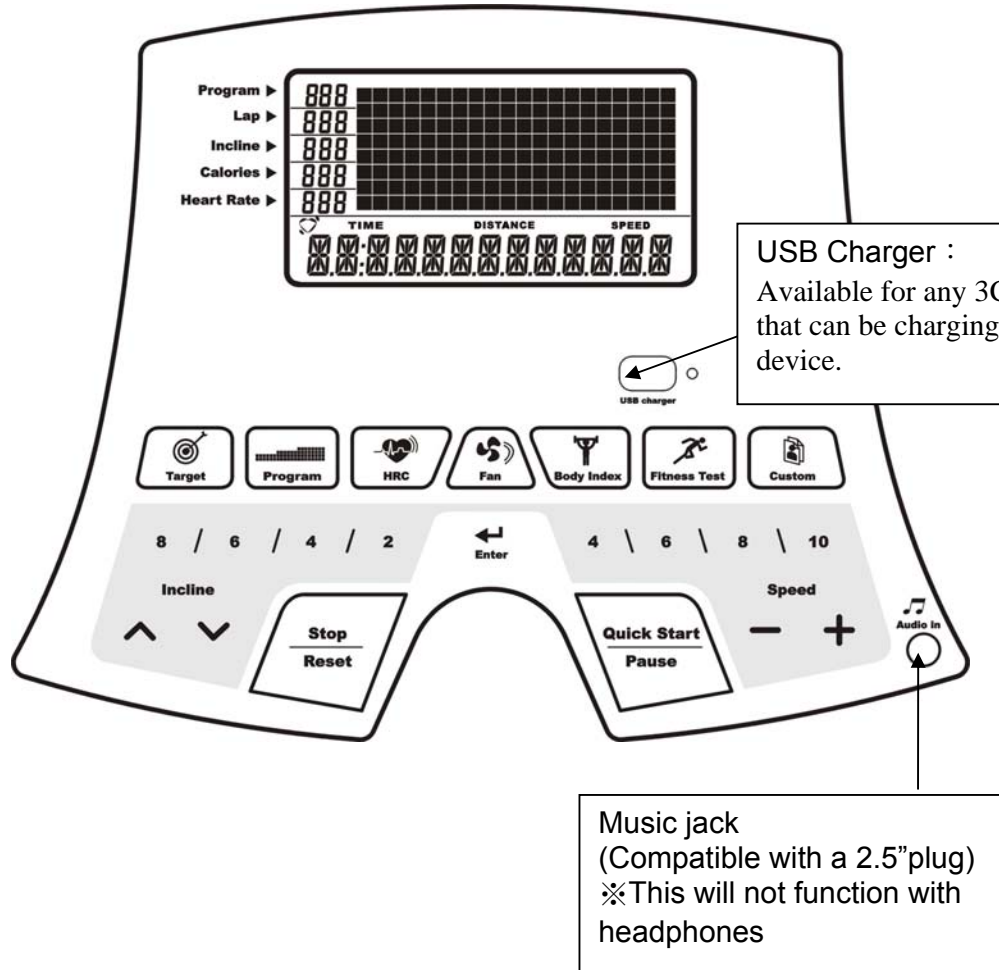
One Touch Controls
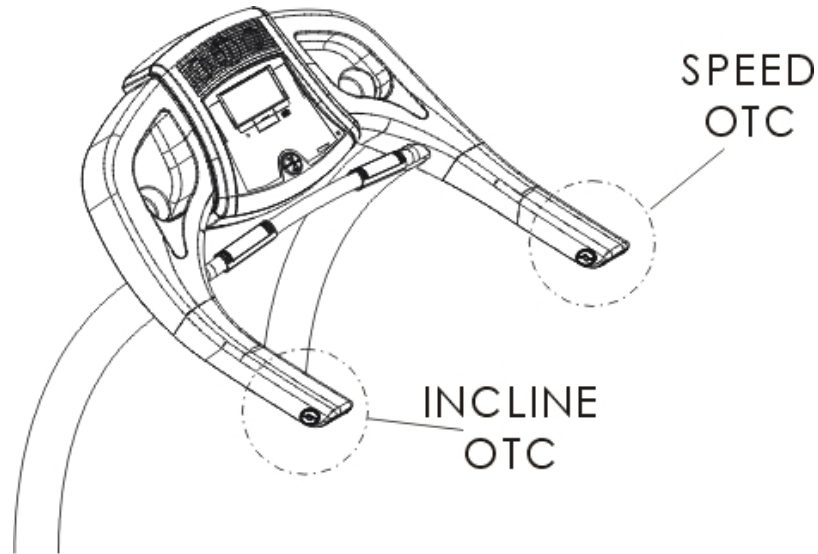
SPEED: Right side Handle Bar
Touch right outside to increase speed.
Touch right inside to decrease speed.
Speed adjusts in .5 ml increments.
INCLINE:
Touch left outside to increase incline.
Touch left inside to decrease incline.
Incline adjusts in 1 level increments

<u>Note:</u>
Keep OTC sensors clean to prevent poor
conduction and malfunction.

Music jack Usage

USB Charger：
Available for any 3C device that can be charging by USB device.

Music jack
(Compatible with a 2.5"plug)
※This will not function with headphones

Note:

 High speaker volume may interfere with the heart rate accuracy. Please decrease the speaker volume when you are using the heart rate function.

TROUBLESHOOTING

SYMPTOM	CAUSE	SOLUTION
No power to display	A). Not plugged in. B). Power switch not activated C). Power input circuit breaker blown.	Please check power input and fuse. Contact your dealer if unit is plugged in, powered on and circuit breaker is depressed.
LCD display abnormal	LCD damaged	Contact your dealer for troubleshooting
Show E1	A).speed feed back problem. B).Motor console damaged.	Switch off the power and switch on after 10 seconds then press START. Check: 1. Does the running belt move? 2. If the running belt moves, does E1 appear after 10 seconds? If the belt moves and E1 does not appear after powering off, lubricate the running belt and deck. If the melt moved and E1 appears, please contact your dealer.
Show E2(few seconds and OTC looses function)	OTC device short circuit.	Clean the OTC device certainty and reset power.sensors.
Show E7	Incline motor malfunction.	You can keep going to use except adjust the grade. Contact your agent to determine and get solutions.
Show E8	Console memory device damaged.	Contact your dealer for troubleshooting
Show E9	A).Do not hold hand pulse device during Body Index test. B). hand pulse device problem.	Test again according the steps. Contact your dealer.

Limited Warranty

LIMITED HOME USE WARRANTY – SMOOTH FITNESS Treadmills Warranty

Warranty Coverage: EVO Fitness and Smooth Fitness, Inc. ("Smooth Fitness") warrants to the original owner that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product runs from the date of original purchase using the following schedule:

Model Name	Frame	Drive Motor	Parts & Electronics	Labor
7.35	Lifetime	Lifetime	5 years	1 year

Labor: Smooth Fitness will reimburse for labor costs for One (1) year. Smooth Fitness reserves the right to either:
Hire and reimburse an independent service technician who will come into the home for the repair,
OR
In the event that there is not an available certified Smooth Fitness service technician, Smooth will send the part directly to the consumer and will pay $75 US per occurrence for the labor costs of such repair. If multiple repair attempts must be made for one reported problem, Smooth will only reimburse once per occurrence.

Smooth Fitness reserves the right to inspect damaged parts for misuse. Your Original Receipt is proof of purchase and should be kept with the product manual. You may be required to show proof of purchase prior to warranty service being initiated.

Remedy Provided by Smooth Fitness: Smooth Fitness will provide a replacement part free of charge if a defect is found during the Warranty period. Smooth Fitness may at its discretion, choose to provide any of following parts or repair options. In the event that a part is determined in need of replacement, upon receipt of the part by Smooth Fitness, Smooth Fitness may send out the part by UPS ground or another such carrier directly to the customer's home.

Any redemption may be by repair or replacement of the affected parts and/or product at the sole discretion of Smooth Fitness, by personnel approved by Smooth Fitness.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Smooth Fitness products is furnished without charge and on the basis that it represents Smooth Fitness' best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty: To obtain service on a Smooth Fitness product, call Smooth Fitness. In the instance that service is not available in an area, Smooth Fitness, at its discretion, can either 1) find a service technician in your area to perform warranty service, 2) have a local dealer perform warranty service, or 3) send the warranty parts to you and reimburse as described above. To help the technician assist you, please have the following information ready:
- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, power grid failures or spikes from your local electricity provider, abuse or freight damage. Smooth Fitness does not warrant against any damage or defects that may result from repair or alterations made to the product by an unauthorized repair facility. In order for this warranty to be valid, all Smooth Fitness and EVO Fitness exercise equipment must be stored and used in a fully finished and livable room within the residence (not including an indoor swimming pool room).

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States or Canada. This Warranty does not apply if the product is used as a rental product or in commercial use. Consequential and incidental damages are not recoverable under this Warranty. (Some states do not allow
the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. SMOOTH FITNESS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. SMOOTH FITNESS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.

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